



The NORTHWEST AIRLIFTER

Vol. 41, No. 35

McChord Air Force Base, Wash.

Connecting Team McChord with the Combat Airlift Mission

**Team McChord
ready to ...**

***Bring
it on!***

O PSEC

Page 5

R eadiness

Pages 8-9

I n Shape

Page 13

Team McChord ready for ORI



By
Col. Kevin Kilb
62nd Airlift Wing commander

I cannot think of a more fitting way to recognize the exemplary effort the wing has put forth leading up to our Operational Readiness Inspection then, Airlift Excellence ... Right here ... Right now!

After all, we've been focusing on bringing our best to this inspection ... we've worked hard refining and improving our procedures while processing priority cargo and preparing our Airmen to quickly deploy and survive and operate in a hostile environment.

“You are the best combat airlifters around and represent the best trained Air Force in history ...”

In other words, we've been accomplishing Airlift Excellence and continue to do so ... Right here ... Right now!

Together with our partners from the 446th Airlift Wing and 319th Air Refueling Wing, this ORI represents an opportunity for us to shine as the Air Mobility Command inspectors will see firsthand our phenomenal ability to move people and cargo anywhere around the globe at a moment's notice.

Once our Airmen arrive in the simulated combat zone, I have no doubt they will continue to impress with their ability to quickly set up and defend a bare base, all while keeping a razor sharp focus on the mission.

As we move through the inspection, stay focused on the task at hand, be safe and know that I am extremely proud of all of you and the work you do every day.

You are the best combat airlifters around and represent the best trained Air Force in history ... this ORI will be yet another validation of the level of excellence you bring to the fight.



By
Col. William Flanigan
446th Airlift Wing commander

As the Operational Readiness Inspection approaches, Reservists of the 446th Airlift Wing are fully prepared to put their readiness and skills competency to the test with our partners from the 62nd Airlift Wing and the 319th Air Refueling Wing.

We've all been involved and have contributed daily to the C-17 Globemaster III mission here and around the world. And we are all involved in supporting, in whatever way we can, the Team McChord people who are executing this inspection.

“The inspection is an important assessment tool to make sure all of our deployment skills and processes are up to speed. I know that your experience and expertise will help make this inspection a success.”

Reservists of the 446th AW have proven that they can deploy all over the world in support of the Air Mobility Command mission. The inspection is an important assessment tool to make sure all of our deployment skills and processes are up to speed. I know that your experience and expertise will help make this inspection a success.

Your positive attitude and energy will contribute to that success as well. We've been running hard for a long time, but I know that each and every one of you will bring a winning attitude to this inspection. Take care of yourselves and your wingmen. I am very proud of each of you.

The Sharp Airman ...

knows about **SPORTS** ...

if their weapon fails to fire they: **S**lap upwards on the magazine, **P**ull the charging handle to the rear, **O**bserve to see if the chamber is clear, **R**elease the charging handle, **T**ap the forward assist button, **S**hoot! In combat, **SPORTS** can save your life!

PROFESSIONALS

of the week

7th Airlift Squadron

Senior Airman Jeremy John

Duty Title:
C-17 loadmaster journeyman

Duty section:
Readiness flight/mobility

Hometown:
Yuba City, Calif.

Why he's tops:
Airman John is a total team player. He's responsible for ensuring unit members are ready to deploy at all times, coordinating applications for passports, assisting unit deployment managers and conducting mobility folder reviews. When he finishes his work he always offers to help other office personnel with their work. Airman John's work in the mobility office was instrumental in preparing the squadron for its recent deployment. During the deployment, Airman John supported intra-theater passenger movements, airlifting more than 500 troops daily to locations within the AOR.

Senior Airman Bradley Davie

Duty Title:
C-17A loadmaster journeyman

Duty section:
Operations flight/scheduling

Hometown:
Terry, Mont.

Why he's super:
Airman Davis is a quiet professional who makes the mission happen as the primary loadmaster on a mission and as a loadmaster scheduler. He has the ability to consistently balance the limited number of loadmasters in the squadron against mission and personnel taskings. During the squadron's recent deployment, Airman Davis helped support the troops on the ground by airlifting essential supplies to downrange locations in both OIF/OEF theaters.

Team McChord ready to excel at ORI

By
Tyler Hemstreet
Staff writer

After months of preparation and countless hours of training under its belt, Team McChord leaders say the wings are ready to excel at the Operational Readiness Inspection.

The Air Mobility Command Inspector General Team from Scott Air Force Base, Ill., arrives on McChord Oct. 25. After a brief welcome reception at the McChord Clubs and Community Center, the inspection could begin as early as that afternoon.

Col. Kevin Kilb, 62nd Airlift Wing commander, emphasized the importance of the entire base remaining focused throughout the inspection.

“Team McChord has an incredible opportunity to showcase our combat airlift mission excellence to the command inspection team,” he said. “At this point, it’s all about relying on our training, keeping a keen eye on safety and maintaining our positive attitude.”

The purpose of an ORI is to assess an entire unit’s ability to execute its wartime mission.

Not only will inspectors evaluate Airmen at Alpena, Mich., and other forward operating locations, Airmen not deploying to Alpena are likely to also receive a visit from inspection team members.

“Everyone remaining behind to

support our deployers must be inspection-ready at all times,” said Col. Michael Hornitschek, 62nd AW vice commander. “I have no doubt all of McChord’s Airmen are ready — I ask everyone to remain razor sharp.”

The wing has been preparing for the ORI in the midst of a dizzying ops tempo. McChord aircrews have been flying non-stop for months supporting Operation Iraqi Freedom and Operation Enduring Freedom. Both the 62nd and 446th AWs have more than 600 Airmen from nearly every career field deployed around the globe.

Despite the heavy commitment to the war effort, McChord’s Airmen conducted multiple wing flyaways and dozens of training sessions to reinforce our existing combat skills and ensure that everyone is ready for the inspection, Colonel Hornitschek said.

“I have no doubt the 62nd and 446th Airlift Wings are ready to bring it on for this challenge,” he said.

Colonel Kilb agreed.

“McChord is known for the great Airmen that execute the mission with excellence every day ... at home and around the world,” Colonel Kilb said. “The ORI is our chance to shine under the spotlight of an inspection.”

The ORI is expected to last until Nov. 1, and the wing will host an outbrief on Nov. 5 or 6, tentatively set for Hangar 3.



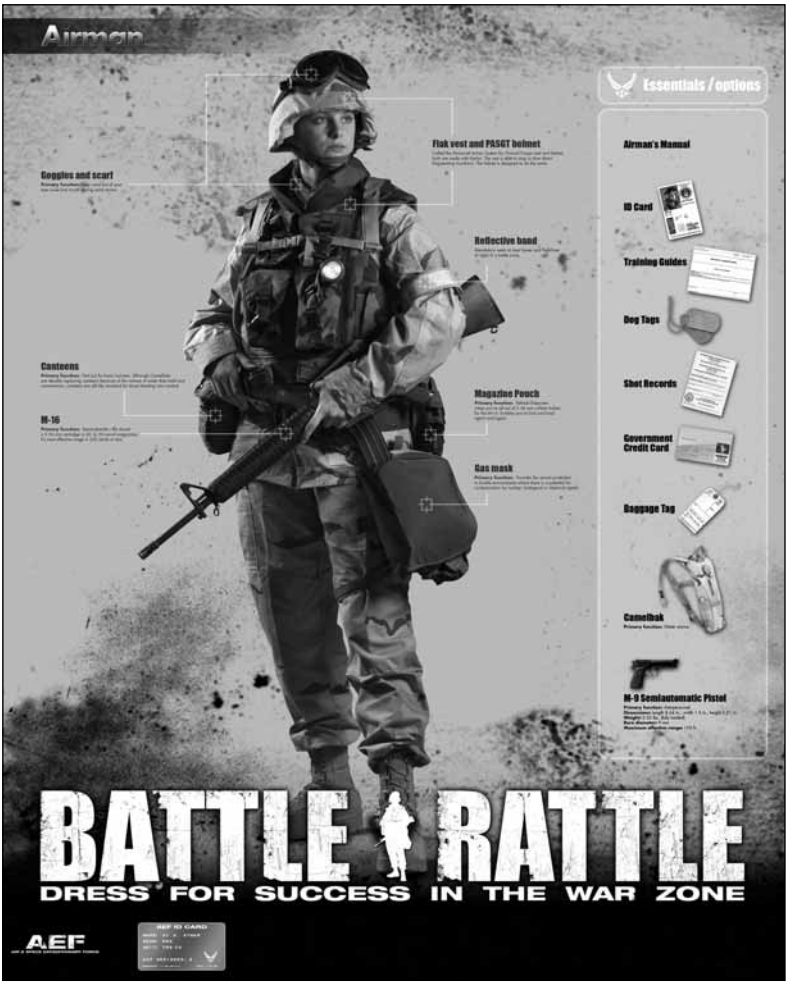
Photo by Abner Guzman

Airmen inspect their Mission Oriented Protective Posture gear during a Warrior Day training scenario Wednesday.



Personally Identifying Information

*If you collect it,
protect it!*



OPSEC: Every Airman’s security responsibility

By
Tyler Hemstreet
Staff writer

“Zip it! Careless talk costs lives” was a phrase circulated on countless U.S. and English World War II propaganda posters.

While the phrase may not be as well known today, the U.S. military’s concern that servicemembers might casually leak sensitive military information is still very much an issue.

The operational security program helps prevent the inadvertent compromise of sensitive U.S. government activities, capabilities or intentions through an adversary’s collection of unclassified information. It helps identify, control and protect generally unclassified information from falling into the wrong hands.

The information can be gained from all kinds of sources, including the trash, Web sites and overheard conversations. Additionally, the program emphasizes that even casual questions about military operations, when put together, can reveal sensitive details that endanger the mission.

“OPSEC is everybody’s business,” said Mike McClendon, 62nd Airlift Wing OPSEC program manager. “A successful OPSEC program contributes to mission success and assists force protection and antiterrorism. OPSEC is a mindset and should be integrated into all operations and practiced 24/7/365. Commanders should encourage personnel to use OPSEC measures to protect both personal and work-related information.”

Mr. McClendon said that OPSEC is a commander’s program and each squadron and wing staff agency has a person who serves as an OPSEC coordinator. The coordinators are responsible for teach their colleagues how to recognize and protect sensitive information.

Each member of Team McChord should know and use their Critical Information List, which helps

them protect critical information. Also, a joint McChord/Grand Forks CIL has been developed for the MOBEX/ORI, which Airmen can get by contacting their OPSEC coordinator.

“The [Defense Department] is no different than any big company in America. What we can’t do is let security concerns trump doing business. We have to do business,” Price Floyd, the principal deputy assistant secretary of defense for public affairs told a blog site recently. “Companies in the private sector that have policies like us don’t dare shut down their Web sites. They have to sell their products and ideas — and this is how it’s done.

“OPSEC needs to catch up with this stuff. This is the modern equivalent of sending a letter home from the front lines,” he added. “OPSEC needs to be considered on this stuff, but the more our troops do this stuff, the better off we are.”

If someone has a question about certain information or believes information is vulnerable, they should notify their OPSEC coordinator immediately.

12 Rules of OPSEC

1. Know your unit critical information lists.
2. Know how to protect your information.
3. Who are you passing information to? Do they need to know?
4. Deployments — don’t talk about locations, dates or times.
5. Don’t speak of current or future operations; don’t speculate or pass rumors about operations.
6. Don’t discuss readiness issues or numbers.
7. Don’t discuss problems/issues concerning equipment, tactics, techniques or procedures.
8. Assume that adversaries are gathering data.
9. Always think OPSEC when online.
10. Use secure means (OMNI, SIPRNET, encrypted emails) when passing critical information.
11. Protect your personal information the same way you protect critical information.
12. Include your family in the OPSEC process — they play a major role in protecting the country.



Photo illustration by Master Sgt. Lance Cheung

Unguarded communications in public are the most common violations of operational security, better known as OPSEC.



Safety top priority at McChord

By
Tyler Hemstreet
Staff writer

When Airmen think about safety, one of the many things that comes to mind is the reflective belt. Affectionately known as the “disco belt,” wear of the reflective belt is mandatory for active duty Airmen during hours of reduced visibility. Commanders are responsible for ensuring their members are properly equipped and wearing reflective equipment. However, there’s a good reason for this, said Ken Heath, 62nd Airlift Wing chief of ground safety. “They provide us a way of having high visibility in low-light conditions for pedestrians, in traffic environments and on the flightline,” he said. It should come as no surprise that McChord’s safety office is adamant about preventative safety measures such as reflective belts since “the mission can’t get accomplished without people,” Mr. Heath said. “People can’t do the mission if they are getting hurt on the job.” Another method the safety office is using to inform the McChord community about the importance of safety is education and training. The office has produced videos for Wingman Day and the Critical Days of Summer campaigns and visits each unit to assist supervisors with their office programs to make sure everybody is doing everything safely, Mr. Heath said. Trend analysis is another preemptive action the office uses.

“We have a database that tracks all the different classes of mishaps that get reported to the Air Force Safety Center,” he said. The most common mishaps are Class D, such as when an Airman stubs his toe and has to visit the clinic, for example. A Class C incident is something that causes an Airman to be placed on quarters or convalescent leave. But McChord’s Airmen are commonly utilizing the safety preventative measures available to them. “I think our supervisors are doing a good job stressing the need to following the guidance established,” Mr. Heath said. That includes utilizing preventative safety methods such as Operational Risk Management by refusing to take shortcuts and using technical training orders. And ORM is not just limited to work environments. “Operational Risk Management is something the Air Force has done well for a long time. We are familiar with the concept and our culture embraces it,” said Capt. Maria Gomez-Herbert, 62nd Medical Squadron, ORM manager. “Personal Risk Management is a relatively new concept.” PRM calls for Airmen to use safety and risk management principles in their everyday lives, she said. “By being conscientious in our personal decisions, understanding the hazards involved in activities we choose and planning ahead, we reduce our risk of injury and perhaps even death,” Captain Gomez-Herbert said. If an Airman recognizes a potential safety hazard, he or she should report it to a supervisor, Mr. Heath said.

Combat Airlifter

of the week

Team McChord
62nd and 446th Airlift Wings



Job description:
Deploys combat airlift around the globe 24 hours a day, 7 days a week.

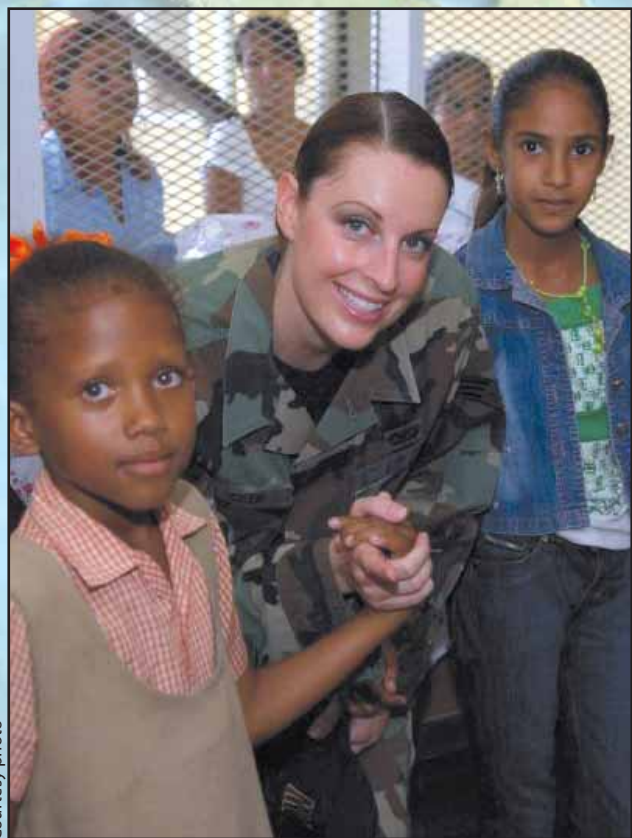
Hometown:
Anytown, U.S.A.

What makes them so great?
The warrior spirit beats in the heart of every Team McChord Airman. They are battle tested and ready, willing and able to meet the challenge of providing proven combat airlift around the globe. McChord’s Airmen are the epitome of professionalism, teamwork and the Air Force core values. This combat team stands ready to demonstrate that as individuals, they are the best Airmen around and together, they are unstoppable.



McChord Airmen

AROUND THE WORLD



Courtesy photo

GUYANA — Senior Airman Kirsten Wicker, 62nd Airlift Wing Public Affairs, visits with children at the Bel Air Primary school during a recent deployment in support of the humanitarian exercise New Horizons Guyana 2009.



Photo by Master Sgt. Denise White

IRAQ — Tech. Sgt. Josh Warbiany, 86th Aerial Port Squadron, performs a cargo check at Balad Air Base during a recent deployment.



COUNTDOWN TO OPERATIONAL READINESS INSPECTION



Photo by Master Sgt. Paul Cox

Combat Airmen prepare simulated patients for transport out of the deployed area during the May MOBEX.



Photo by Carrie Bernard

An Airman is checked for contamination in the deployed wing's Contamination Control Area during May's mobility exercise.



Photo by Abner Guzman

Staff Sgt. Marco Stoller, 62nd Security Forces Squadron, guards an entry control point during a weeklong exercise in October, the first of four mobility exercises designed to prepare the wing for the ORI.



Photo by Carrie Bernard

Airmen inspect a marker for signs of contamination following a simulated chemical attack during May's mobility exercise.



Photo by Carrie Bernard

Deployed firefighters enter a smoke-filled building as part of an exercise input during a mobility exercise in May.



Photo by Abner Guzman

Airmen from the 62nd Aircraft Maintenance Squadron prepare to launch a C-17 Globemaster III during a simulated chemical weapons attack during February's MOBEX.



Photo by Abner Guzman

Exercise evaluator Staff Sgt. Jarrod Marostica, 62nd Aircraft Maintenance Squadron, instructs Airmen during October's MOBEX.



Photo by Abner Guzman

Airmen conduct business as usual in Mission Oriented Protective Posture 4 during May's mobility exercise.



Photo by Abner Guzman

Airmen check out land mobile radios during May's mobility exercise.



Photo by Abner Guzman

Airmen exit a simulated bunker during February's exercise.

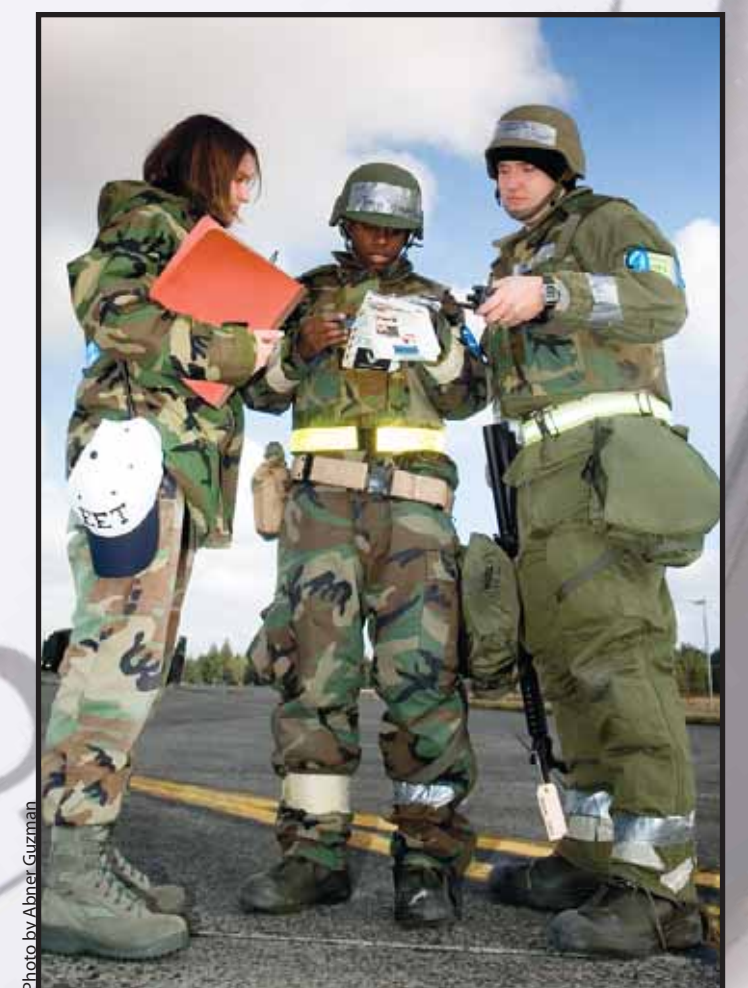


Photo by Abner Guzman

Staff Sgt. Jessica Mickus, Senior Airman Taqewa Davidson and Staff Sgt. Joshua Horning, from left, all from the 62nd Communications Squadron, discuss post-attack reconnaissance procedures during the October exercise.

As the clock ticks down to the ORI, Team McChord Airmen continue to fine-tune their ability to survive and operate in a deployed combat environment. Airmen from the 62nd and 446th Airlift Wings have turned in top-notch performances throughout four mobility exercises — including two flyaways — to get better prepared. Here are some highlights demonstrating Airlift Excellence ... Right here ... Right now!

Tips for staying healthy during deployment

Information provided by the 62nd Medical Squadron

Regional endemic diseases

H1N1 Influenza
Transmitted by person to person through coughing /sneezing or touching an infected object then touching mouth, eyes, or nose
Symptoms — will begin one to seven days after infection
Fever >100.4 °F – must be present if you have H1N1
Cough or sore throat, runny nose, body aches, fatigue , lack of appetite, nausea, vomiting, or diarrhea

Prevention

- Cover mouth and nose with tissue when you sneeze or cough
- Wash hands often with soap and water
- Avoid touching eyes, mouth, or nose with unclean hands
- Avoid contact with sick people
- If you are sick – stay home and contact supervisor

Rabies

Transmitted by a bite, scratch, or saliva (entering in an open wound) from an

infected animal

Symptoms – usually appears two to eight weeks. Spasms of swallowing muscles, delirium or convulsions, coma

Prevention/treatment

- Avoid all feral animals
- If a feral animal scratches, bites, or saliva enters an open wound – seek medical attention
- Administer Human Diploid Cell and Rabies Immune
- Globulin Vaccines

Food and water

Food and water are related to the leading causes of illness among deployers

Tips for safe eating and drinking

- Avoid unpasteurized dairy products
- Avoid eating off-base unless directed by local Public Health authority
- If water becomes unpotable (not drinkable) resort to bottled water
- Also brush teeth with bottled water in this situation
- Wash hands vigorously for 20 seconds before eating



Dinner helps care for McChord families

By
Tyler Hemstreet
Staff writer

Spouses of McChord’s deployed Airmen and their family members are invited to attend the next deployed families dinner at the end of this month.

The dinner’s theme, “Fall into the Groove”, draws on the disco era as the Chapel Support Center (Bldg. 746) turns back the clock. The event features a catered meal and the Airman and Family Readiness Center hosts a craft area for children. The evening also features a grand prize giveaway — a two-night stay at the Great Wolf Lodge in Grand Mound, Wash.

The quarterly dinner is a combined effort of base helping agencies and is paid for by the base chapel community and the Airman and Family Readiness Center, said Chap. (Lt. Col.) Michael Husfelt, 62nd Airlift Wing chaplain.

Numerous agencies and base private organizations contribute significantly to make the dinner happen, he said.

“This is one very special and festive way we demonstrate a unified front in taking care of our deployed and their families,” Chaplain Husfelt said. “Each event is theme oriented and our staff and volunteers go all out to make it a fun and encouraging evening. Moreover, the fact that dinner will be served by commanders, first sergeants and chiefs is a way to underscore our leadership’s support for our deployed and their families.”

The dinner is also an opportunity for families to make connections with each other. Spouses can find support and care for each other while their husbands and wives are deployed.

“In addition to meeting other spouses, the dinner also offers spouses a chance to meet their squadron’s commander or first sergeant and find out about some of the services the chapel and other base organizations offer for families of deployed Airmen,” said Chaplain (Capt.) Kathy Scott, 62nd Airlift Wing.

“While people come to the dinner for the fellowship, they’ll also get a chance to see what services are out there for them,” she said.

For more information, or to register for the event, call the Chapel Support Center at 982-5556.

Help Make Homecomings Happen



Protect our Critical Information lists

Critical Information lists may contain information about friendly intentions, capabilities or activities which must be protected from loss to keep an adversary from gaining a significant military, economic, political or technological advantage. Premature release may prevent or forestall mission accomplishment, reduce mission effectiveness, or cause loss of life or damage friendly resources.



SARC, victim advocates aid Airmen in deployed areas

By
Tyler Hemstreet
Staff writer

The honest truth is that sexual assaults don’t just happen while stationed at home, they happen in deployed locations as well.

In the 2008 fiscal year, there were 3,108 unrestricted reports of sexual assaults involving servicemembers, including 521 Air Force-wide. Of those 521 reports, almost half happened in a deployed location, according to Defense Department statistics.

That’s why the Defense Department trains both civilians and servicemembers as Sexual Assault Response Coordinators.

The civilian SARCs provide education and support services to sexual assault victims locally. The military SARCs work at home station and during deployments.

At McChord, the deployable SARC is Capt. Julie Rudy, 62nd Force Support Squadron sustainment services flight commander.

The captain will perform her primary duty assignment as the FSS Emergency Operations Center representative and act as the SARC at the ORI deployment. In addition to these real-world roles, she will respond to sexual assault scenarios as part of the ORI.

“The SARC job is somewhat of an additional duty for active duty members,” Captain Rudy said. “Although we are usually deployed to do another mission and be the SARC, the SARC mission

always takes priority in the event of a sexual assault.”

In the case of a sexual assault during a deployment, Captain Rudy said she follows the same steps as those at McChord. The SARC assigns a sexual assault victim to a victim advocate. The victim advocate supports the victim while he or she decides whether to file a restricted report to keep the assault a private affair or an unrestricted report to start an official investigation.

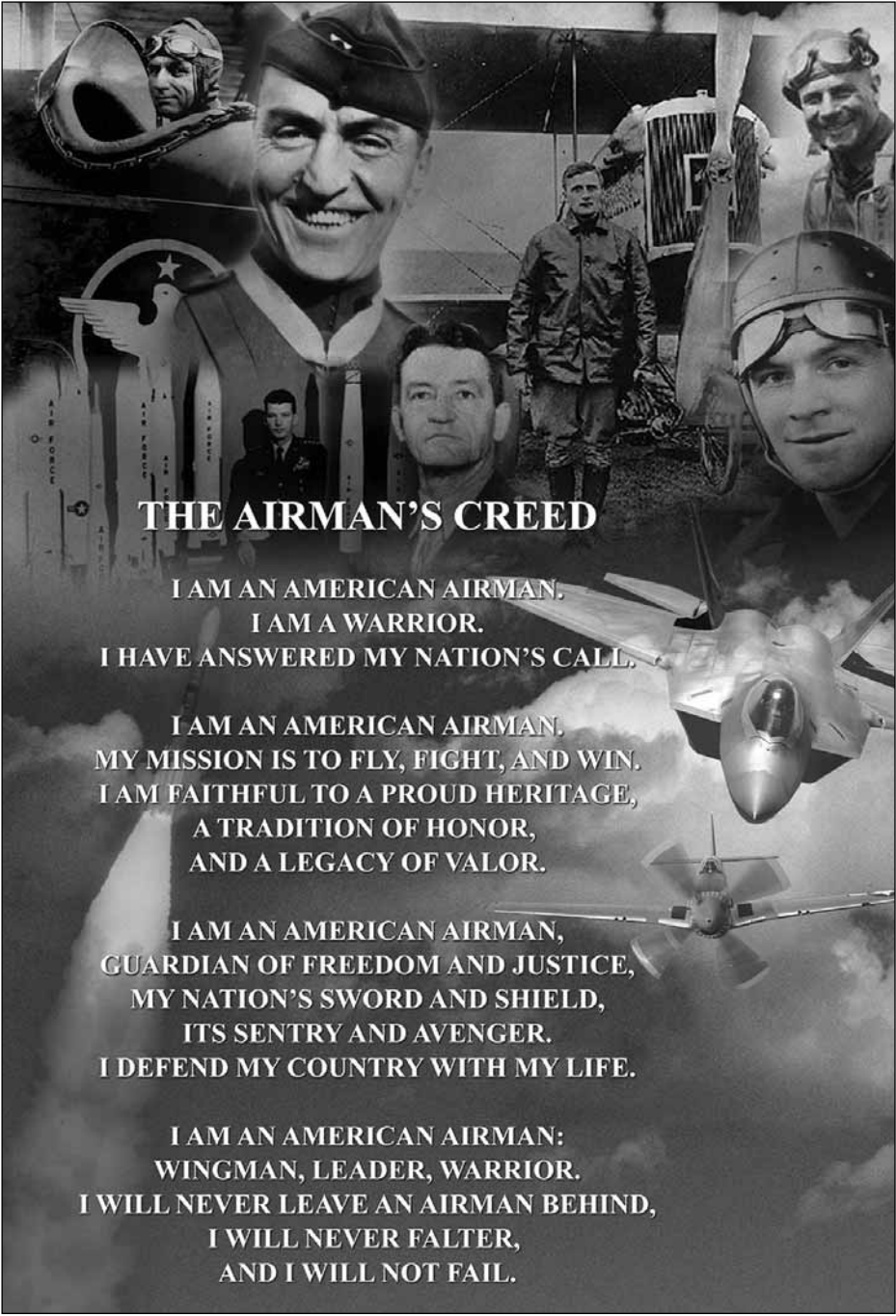
Victim advocates will be available during the ORI to handle real-world or exercise scenarios, said Heather Van Mill, the 62nd AW SARC.

“In the context of the exercise, the advocates will be giving the victims emotional support and guidance on their legal options, on a need-by-need basis,” Ms. Van Mill said. “They’ll be helping the victim prepare and teach them what to expect throughout the process.”

Helping people file restricted reports, where the information is only shared with the SARC, victim advocates and the health care provider, helps maintain the integrity of the program by making sure victims have options and someone to talk to at home or in a deployed setting, she said.

Things will be no different during the ORI.

“The sexual assault response program here is solid, but we believe practicing the program is necessary to further educate everyone,” Ms Van Mill said. “More scenarios and exercises are a good thing to get people more familiar with the program.”



Fitness center, programs keep Airmen Fit to Fight

By

Tyler Hemstreet
Staff writer

The McChord Fitness Center and its programs not only help people stay fit but more importantly provide the equipment and training programs to prepare Airmen for the rigors of combat.

The Fitness Center Annex features a family fitness room providing an area for parents to exercise while keeping an eye on their children. The family room is divided into two areas based on the age of the child. The crawler room is designed for children ages 6 to 11 months, and the toddler room is for children ages 1 to 7 years. Both areas are within a parent’s line of sight while they workout.

The Fitness Center’s classes include kickboxing, Zumba (a Latin and international-based cardio dance workout), yoga, pilates as well as several fitness improvement classes.

The fitness improvement classes give Airmen another option in addition to their unit physical training to stay in top shape for their fitness test as well as the rigors of combat

“Your heart is constantly going during the class,” said Master Sgt. Robert Snyder, 62nd Force Support Squadron. “That’s what you need to pass the physical fitness test.”

The class uses workout balls, step boards, weights and mats to give participants a complete workout, said Marquelle Meisberger, one of the instructors.

“When you go to a step class you might just get step and if you go to a kickboxing class you might just get the ball, but with this class you get a little taste of everything,” Ms. Meisberger said. “It’s a very well-rounded workout.”

Some Airmen tend to get into a fitness rut when it comes to working out and they start doing the same things, Sergeant Snyder said.



Photo by Abner Guzman, graphic by Adamarie Lewis Page.

That rut can lead to them struggling to pass their PT test, he said.

After finishing the fitness readiness class, some Airmen who had never taken an aerobic class were surprised with how much they enjoyed it, Sergeant Snyder said.

“Airmen can come to this class and get their cardio and weights all in one,” she said. “They don’t have to go over to the gym [to finish their

workout].”

Some classes offered at the Fitness Center also feature instructors who teach a class lecture on how to exercise, how to diet and eat properly and make changes to certain unhealthy behaviors, said exercise physiologist Patrick Conway, 62nd Medical Squadron.

“It is all information a person can use to get on the right fitness track,” he said.



McChord Thrift Shop bag sale

The McChord Thrift Shop opens 9:30 a.m. to 2 p.m. tomorrow for a \$5 bag sale in both donation rooms. Also, all clearance items throughout the store are 50 percent off. Consignments open 9:30 a.m. to 12:30 p.m. (volunteer staffing permitting). The Thrift Shop opens Tuesdays through Thursdays from 9:30 a.m. to 2 p.m. and the first Saturday of each month if not a holiday. For more information, call 982-2468.

Traffic notice

Due to increased heavy inbound traffic at McChord’s main gate off Bridgeport Rd., the 62nd Security Forces Squadron is requesting base members use the Barnes gate when feasible, especially during high peak hours (7:30 to 8:30 a.m. and 11 a.m. to 1 p.m.). Directions to the Barnes gate are from Interstate 5: take exit 123. Make a right off exit ramp, and follow for one mile. Make a left turn onto 150th St. Follow for approximately three miles. Make a left at the stop sign at 150th and Perimeter Rd. Follow Perimeter Rd. for one mile, then make a left turn at the light onto Barnes Ave.

From Spanaway Loop, turn onto Perimeter Rd. Follow Perimeter Rd for approximately 1.5 miles to intersection of Perimeter and Barnes Ave.

For more information, call 982-5100.

Deployed Families Dinner

The next Deployed Families Dinner will happen at the end of this month at the Chapel Support Center. To reserve a seat, or for more information, call 982-5556.

Base housing available

Family housing is available on base for both immediate and future move-in dates. For more information, contact the McChord Family Housing office at 589.0523.

‘Lost and found’ items

The 62nd Security Forces Squadron is currently in possession of numerous items of personal property such as bicycles, keys, etc. These items were found on or near McChord and may be reclaimed by contacting the Security Forces investigation section, located at Bldg. 160. For more information, call 982-5936.

OSC hosts Jewelry event

The Officers’ Spouses’ Club hosts a jewelry event the fourth Tuesday of this month at the McChord Clubs and Community Center.

Limited service at McChord Clinic

The McChord Clinic is open 7:30 a.m. to 4:30 p.m. weekdays. The clinic includes both the 62nd Medical Squadron, which serves active duty beneficiaries, and the McChord Medical Clinic, which serves family members and retirees. The McChord Clinic closes at noon Tuesday for medical readiness training. Please direct any questions or concerns to the 62nd MDS group practice manager at 982-2304.

HAWC update

The 62nd Airlift Wing Health and Wellness Center is temporarily without a Dietitian and Health Educator. This affects some services the HAWC provides, specifically Smoking Cessation and Nutritional Counseling. The 62nd Medical Squadron has implemented measures to continue Air Force mandated classes such as Fitness Im-

provement. Clients seeking Nutritional Counseling or Tobacco Cessation services should call the Tricare appointment line at 1-800-404-4506 or 982-CARE and request services at Madigan Army Medical Center or with their Primary Care Manager for Chantix refills.

McChord Key Spouse voicemail

The Key Spouse program has voice-mail (982-KEYS) for families wanting to contact or get more information about their unit’s Key Spouses. The voicemail gives every squadron the ability to have a personalized mailbox where people can leave messages for Key Spouses.

Spouse and family member employment assistance

The Airman and Family Readiness Center offers weekly classes on resume writing, job search techniques and interviewing and networking tips. People may also get information on annual

spouse employment scholarships offered by the Air Force Aid Society and the Certified Nursing Assistant Program through Clover Park Technical College. The career assessment and planning program “Discover” is also online is for high school, adults, professionals, and those transitioning out of the military. For more information, call 982-2695.

Mandatory pre-separation counseling

Military servicemembers are required to complete the pre-separation counseling checklist at least 90 days prior to military discharge. Recommended attendance of the pre-separation class is within 12 months for those separating from service and within 24 months for those retiring. The class is offered bi-weekly on Thursdays from 8 a.m. to noon in Bldg. 551. Call the Airman and Family Readiness Center at 982-2695 for more information or to register.



McChord Chaplain Corps
Faith & Worship
Programs

For more information on Chapel services and programs, please call 982-5556.

To contact Duty Chaplain after duty hours, contact the Command Post at 982-2635.

CATHOLIC SERVICES and RELIGIOUS EDUCATION:
All Catholic services are in chapel two.
Saturday:
4 p.m. Confession: Chapel 2, Bldg. 181
5 p.m. Mass: Chapel 2, Bldg. 181
Sunday:
9:30 a.m. Mass: Chapel 2, Bldg. 181
11 a.m. Mass: Chapel 2, Bldg. 181
12:30 p.m. Why Catholic? Small Group Study: Chapel Support Center, Bldg. 746
Monday:
Noon. Why Catholic? Small Group Study: Chapel Support Center, Bldg. 746

Wednesday:
6:30 p.m. Faith Formation: 1st,2nd & 3rd Wednesday of the month: Chapel Support Center, Bldg. 746
6:30 p.m. Why Catholic? Small Group Study: Chapel Support Center, Bldg. 746
PROTESTANT SERVICES and RELIGIOUS EDUCATION:
Sunday:
8:30 a.m. Liturgical Worship: Chapel 1, Bldg. 180
9:45 a.m. Sunday School: Chapel Support Center, Bldg. 746
11 a.m. Traditional Worship: Chapel 1, Bldg. 180
11 a.m. Contemporary Worship: Chapel Support Center, Bldg. 746

JEWISH SERVICES:
Friday:
6 p.m. Every 1st, 3rd & 5th Friday of the month: Ft. Lewis, Chapel 5, Bldg. T-2270
OTHER PROGRAMS:
The following Chapel programs take place at the Chapel Support Center, Bldg. 746.
Tuesday:
9:30 a.m. Mothers of Preschoolers (MOPS); 2nd & 4th Tuesday of the month
6 p.m. Mothers of Preschoolers (MOPS) Bible Study; 1st, 3rd & 5th Tuesday of the month
Wednesday:
11 a.m. Adult Bible Study



Congratulations to the graduating members of the Julius A. Kolb Airman Leadership School Class 09-F.

- **Petty Officer 2nd Class Aldrich Adams Jr.**, U.S. Coast Guard, Seattle
- **Senior Airman Mitchell Bentley**, 22nd Special Tactics Squadron
- **Senior Airman Joshua Borushko**, 62nd Aircraft Maintenance Squadron
- **Senior Airman Diana Carrillo**, 62nd Force Support Squadron
- **Senior Airman Jeffrey Catan**, 62nd Maintenance Squadron
- **Senior Airman Bryce Davis**, 62nd MXS
- **Senior Airman Ian Flores**, 62nd AMXS
- **Senior Airman Mathew Hagadone**, Western Air Defense Sector
- **Senior Airman Jereme Harris**, 62nd Civil Engineer Squadron
- **Staff Sgt. Brandon Hower**, 8th Airlift Squadron
- **Senior Airman Latisha Hunt**, 62nd Security Forces Squadron
- **Senior Airman Justin Magee**, 62nd SFS
- **Senior Airman Patrick McGarrh**, 62nd AMXS



- **Senior Airman Travis Morrill**, 62nd FSS
- **Senior Airman Jennifer Mueller**, 62nd Maintenance Group
- **Senior Airman Nicholas Philippi**, 62nd Aerial Port Squadron
- **Senior Airman Daniel Rossales**, 62nd Communications Squadron

- **Senior Airman Vincent Stutts**, 62nd MXS
- **Senior Airman Rachel Yandon**, 62nd CS
- **Senior Airman Brian Zimmerman**, 62nd Operations Support Squadron

Award recipients:
John L. Levitow recipient

– Senior Airman Illya Crawford, 361st Recruiting Squadron

Distinguished Graduate and Academic Achievement award
– Senior Airman Robert Smith III, 62nd AMXS

Leadership award – Staff Sgt. Darryl Brown, 62nd CES

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